

# Heart-to-Heart



## Annual Meeting and Luncheon

**Saturday – October 14, 2023**

**Mt. Vernon Canyon Club**

**24933 Club House Circle**

**Golden, Colorado**

**Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon**

**\$35.00 per person, Members or Guests**

It's time to signup for the Annual Meeting and luncheon will be on Saturday, October 14th, at Mt. Vernon Canyon Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email your jpeg files to Barry Siel at [bsiel03@gmail.com](mailto:bsiel03@gmail.com) to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2024 tours. Many of next year's tour leaders will describe their tours and answer your questions. You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, [www.heartcycle.org](http://www.heartcycle.org). Click on the "2023 Annual Luncheon" icon in the green toolbar on the homepage, then click on the "register" icon. Please register and pay online.

**Registration closes once we reach 125 attendees or Saturday, October 7th, whichever is earlier. All payments must be made online, no payments accepted at the door.**

For further information regarding the luncheon email Mark Lestikow at [mark.lestikow@closetfactory.com](mailto:mark.lestikow@closetfactory.com)

Roger Sass will lead a 22-mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860> shows the route, and you can Export a GPX or TCX file to your Garmin

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVIQRnRrREE>

You can also print a more detailed map and cue sheet.

**We look forward to seeing you at the Luncheon!!!**

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Newsletter Editor

## **Tour Director Musings**

It has been a pleasure biking HeartCycle tours this year and riding with friends and meeting new ones on each tour. So many amazing days in the saddle this year. Last week as we were finishing a hometown loop thru the CO National Monument, it occurred to me that it has been miles since a car has passed us. Not that we are biking at speed limit but that it was a quiet morning on the road. Moments later my husband states it has been 19 miles since a car has passed us. NINETEEN MILES!!! What a blissful morning. We will be sharing our favorite routes with members in a few weeks on the Grand Valley Ramble. Yippee. If you have some wonderful, blissful routes in your favorite place to bike, would it make a great weekend or week long tour? Contact me to start planning a bike tour for HeartCycle in 2025. We are always looking for new places with great roads that are cyclist friendly.

Wishing you some blissful biking days as summer turns to fall,

Judy Siel, Tour Director

# CENTRAL OREGON AND CRATER LAKE

By Barbara Block

July 13 -19, 2023

I'm a newbie to HeartCycle tours so I'm honored to recount our amazing adventure across the high desert of Central Oregon. I learn at our introductory meeting that HeartCycle has been in existence for forty-five years and it is unlike any other tour organization, it's more like a blended family; all ages, with unique backgrounds, riding styles, experiences and perspectives but the love of cycling unites us all. Several tour participants have been doing HeartCycle tours since the late '70s and 80's and still going strong.

Our tour leaders, Cindy Alvarez and Helayn Storch introduce themselves and acquaint us with our routes, safety, and the terrain we will cover. We will travel nearly 300 miles in the next 6 days and experience breathtaking waterfalls, quiet country roads, snow-capped mountain vistas, gushing rivers, ancient lava fields, pristine lakes, a working Alpaca farm, famous Smith Rock, and the highlight of the tour, cycling the rim of the awe-inspiring Crater Lake National Park where the stunning blue water fills the remnants of an ancient volcano.

Our vital SAG crew, Martha MacCormack and Danna Korak assure us we will not go hungry and if at any point we need a lift they will be there to support us. They are also our luggage movers, day pack haulers, hydration station, first aid needs, sunscreen keeper, and a phone call or text away from anything we may need to make sure we have the best experience possible and safely reach our destination.



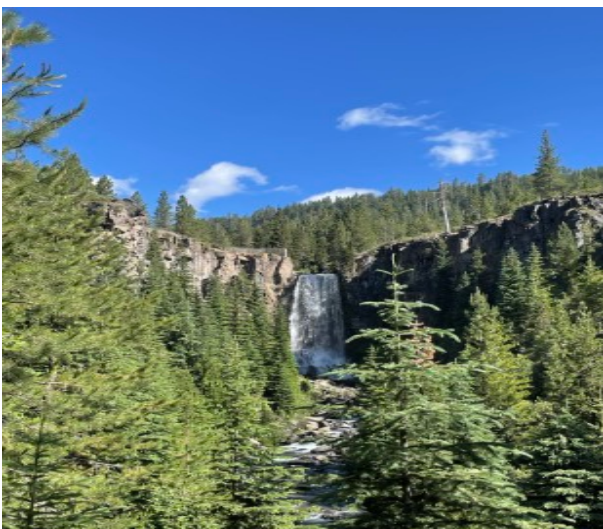
**Group photo on the docks at Diamond Lake**

**Day 1 - Bend to Tamolu Falls to Sisters**

Eager, enthusiastic, decked out in our brightly colored Lycra, safety triangles in place, we begin our adventure through the quaint downtown streets of Bend and navigate the many traffic circles. Generous bike lanes, friendly drivers, and smooth roads, already I'm in love with Oregon. Once out of town, we travel along the Cascade Lakes Scenic Byway under a canopy of towering pines and fir trees for 11 miles on smooth blacktop sloping slightly upward to Tumalo Falls but worth every pedal stroke.



A delicious spread of bagels, muffins, bars, fruit, granola, yogurt and lots of other yummy treats await our arrival at the base of the falls. To get to the falls we take a short shuttle ride up the gravel road except Mark A. and Mike T. brave the journey on their road bikes along the washboard terrain. At the top, it is an easy hike to the viewing platform even in bike shoes. From the viewing deck, a magnificent cascade plunges 97 feet down a rugged cliff face. The power and grace of the water creates a mesmerizing foamy display as it crashes into the rocky river bed below and makes us all forget the steady climb to get there.



With pictures and smiles, our water bottles topped off and stomachs full, we continue our journey on smooth blacktop undulating over the rolling hills through the beautiful and expansive countryside. Our next destination is lunch in a shady spot at Tumalo State Park, and our amazing SAG chefs do not disappoint: freshly made chicken salad, a smorgasbord of deli meats and all the fixings to create our own sandwich, several salad offerings, watermelon, pineapple, chips, cookies, M&Ms and homemade pie. I'm glad I'm on my bike to ride off some of the calories I consume. The route to Sisters does have a few challenges as we have no other choice but to cross the McKenzie-Bend highway a couple of times and a short stint on the highway but our tour leaders have done an excellent job to keep us off the busy streets as much as possible.

Mid-afternoon we arrive in Sisters and check into the Grand Stay Hotel where we will spend the next two nights. The hotel is brand new and very welcoming to our group. Downtown Sisters has an Old West ambiance with a modern touch. The main street is lined with unique upscale shops, galleries, restaurants, and a food truck plaza serving various fresh foods, from creative vegan dishes to mouthwatering burgers and handcrafted ice cream. The family-friendly atmosphere, western vibe, and small-town charm is the perfect place to spend an afternoon following a long bike ride. It is easy to see why our tour leader, Cindy and her husband, Mark, have recently moved to Sisters and now call it home.



**Another view of Tumalo Falls**



**Downtown Sisters**

**Day 2 - McKenzie Pass (Elevation Gain 2400 ft)**

Good Morning, Sisters! It is a gorgeous Oregon day, crystal clear skies, not a hint of wind or a cloud in the sky, no luggage to load, it's all about cycling and experiencing the breathtaking scenery as we ascend the famous McKenzie Pass. This scenic mountain pass is rich in history dating back thousands of years and once served as a vital transportation route for Native American tribes, a pathway for early explorers and settlers, and now one of the most iconic scenic byways in the state.

From our hotel, we pedal a short distance through a quiet neighborhood and then onto a smooth road into an enchanted forest with the intoxicating smell of pine. Emerging from the lush forest, there is a drastic change in the landscape, views open up at the Windy Point lookout to expansive lava fields, remnants of long-ago volcanic activity, and off in the distance a trio of snow-capped peaks known as Three Sisters. The topography is captivating and haunting as broken and misshapen trees emerge from the pitch-black lava fields, skeleton-like, ghostly, reminiscent of the thousands of years of geological marvels. Most of the steepest grade is over, a few more switchbacks and a few short stretches of weather-beaten pavement, we reach the summit at 5,325ft. Our amazing sag team greets us with another feast of energizing foods and beverages.



**Diane welcomes riders to  
Windy Point**



**A view of the Three Sisters volcanos**



At the summit the main attraction is a mountain of black lava and perched at the top is the Dee Wright Observatory, a circular tower engineered from giant chunks of ancient lava. The Dee Wright Observatory was built during the Great Depression by the Civilian Conservation Corps and named after Dee Wright, a long-time forest officer, guide, packer, well-known and respected throughout the Cascade mountain area. As we make our way up the stone steps interpretive panels tell the stories of early travelers and geology of the area. Inside the observatory strategically placed windows frame the surrounding mountain peaks.



It is such a spectacular day, most of us continue on this scenic byway down the other side knowing there is a climb back to the summit. The smooth as butter pavement twists and turns through the Willamette National Forest with towering Douglas Firs, Oregon's state tree. The road turns into several steep switchbacks before intersecting State Highway 126. I only go about halfway down this side as I'm saving my legs for a big day of riding tomorrow when we will head back to Bend.

The climb to the summit goes by quickly as I am absorbed in the immense beauty and serene surroundings.



And for me, the highlight of the day, is the exhilarating decent back into Sisters. After a few bumps in the road at the top, the pavement smooths out and there is nothing left but open road, an invitation to pick up speed, release the brakes, feel the wind in my face and let gravity propel me forward. The amazing scenery I marveled at on the slow climb up is now a rapid blur of colors and shapes, each curve bringing a new thrill as I feel my weight shift effortlessly through each turn. The road levels off, my speed slows, but this glorious decent is etched in my memory forever.

Our gathering spot for lunch is in a shady community park in Sisters and the dynamic duo of Martha and Danna have once again laid out a magnificent spread. We did not ride a lot of miles today but I think everyone is okay with that because now we have the rest of the afternoon to stroll around Sisters and get ready for the group dinner tonight.

As if the day could not get any better, our gracious tour leader, Cindy and her husband Mark have invited us to their beautiful home for a special treat, their chef son, Sean, will be serving up some of his signature salads and delicious barbecue chicken and beef.





The plan is to have dinner and our daily meeting with happy hour in a park across the street from their house, but the temperatures have spiked so Cindy is kind enough to let us all descend into her impeccable home to discuss tomorrow's highlights and challenges. With temperatures creeping up into the high 90's, the hottest day so far and what will be one of our longest, our very wise tour leaders decide on an early start to beat the heat and prepare us for some rerouting due to road construction and forewarn us of a very steep 8-mile climb at the end of the day back into Bend—of course sag support will be ready and waiting for anyone needing a boost.

After the meeting, the evening has cooled and we enjoy our home-cooked feast in the park across the street. It is a delightful evening filled with great food, laughter, the sharing of our day's adventure, past tours, upcoming tours, and our love of cycling in general.

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**Day-3, From Sisters to Alpaca farm to Smith Rock, Cline Falls to Bend**

No slackers in this group. I'm out to the Penske with my luggage at 7 am and I'm one of the stragglers. The cool morning air makes me question, will it really be that hot. I opt for arm warmers and stuff a light jacket in my jersey pocket. Today we will see many sites along our journey back to Bend. First stop is a working Alpaca farm, then Smith Rock, Cline Falls, and our destination for the next two nights, Bend. We leave Sisters and follow the Camp Polk road named after the US Army outpost established in 1865 to protect early settlers traveling through central Oregon. The camp was abandoned two years later as conflicts with Native American tribes subsided.

With two days of cycling and nearly 100 miles, I'm thankful for the downhill start on silky smooth pavement, quiet roads, and a canopy of towering pines. As we get further from Sisters the terrain changes to gently rolling hills, ranches, farms, country roads all surrounded by mountains sprinkled with the remnants of winter.



We are greeted at the Alpaca farm by hundreds of curious empathic eyes, twitching ears and adorable head tilts. I'm sure we look as strange to them as they do to us. We stare at each other in mutual fascination. Numerous baby alpacas hop around with their playful antics and chase after their moms. I think this is the first SAG stop where I'm not interested in the food, I'm captivated by these silly, amazing creatures, with puppy dog eyes, funny shaped bodies and some sporting buzz line patterns from their recent sheering.



On site is a quaint gift shop overflowing with everything Alpaca from, scarfs, socks, sweaters, blankets, stuffed animals and even little Alpaca shaped keychains, which I can't resist. The storekeeper is a sweet woman who loves what she does and is very welcoming yet a little overwhelmed by our large group. The walls are adorned with thousands of colorful ribbons showcasing many successful years of showing and raising her Alpaca herd. It's hard to say good-bye to our new furry friends but the day is heating up and we have only gone a mere 22 miles of our almost 70-mile day.

Our next stop is lunch at the famous Smith Rock State Park. Over the next 25 miles the landscape is dustier, drier, and steeper with temperatures climbing into the 90s. As we enter Smith Rock State Park it is easy to see why this is a rock climbers and hikers paradise. Towering jagged cliffs, sculpted by wind, water, and the patience of time are like works of art painted in earthy browns, rich reds, muted ambers—a geological color wheel. From our lunch spot, we can see the Crooked River as it meanders through the canyon of giant rock formations. Smith Rock not only attracts thrill seekers and nature lovers but it has also been the backdrop for outdoor gear and car commercials and the movie “Alone” starring Reese Witherspoon.



Our hard-working SAG chefs extraordinaire have not let the heat beat them, as they have once again thought of everything to keep us fueled and hydrated—which can be a challenge on this beastly hot day.

Our next SAG stop is at The Cline Falls Scenic viewpoint. At this point I think everyone has their sights on topping off their water bottles and getting back on the road. I do take a moment to marvel at the tumbling water over the stair stepping rocks, wishing I was in the river instead of admiring it from afar.

Decision time comes as we reach the Tumalo coffee house, “to sag or not to sag.” It’s just a short yet steep 8 miles to Bend. I’m already this far along what’s another few miles, right? Many if not all of this hearty bunch make the same questionable decision as myself.

Even by Colorado standards, the last climb into Bend is a doozy, my Garmin registers the steepest switchback reaches a lung busting 15%. The fiery sun is no slouch either as temperatures hover just below the one hundred mark. Even though I feel physically depleted, I am elated at the same time, I recount the glorious cool morning, the hum of adorable Alpacas, Smith Rock, Cline Falls, and the sheer joy of riding my bike. Every day on the bike is a good day in my book even in the sweltering heat.

## Day 4 - Rest Day in Bend, Oregon

Today we are on our own to discover the wonderful town of Bend. Many of us decide on a cool and relaxing float down the Deschutes river. Others crave an adrenalin rush and go on a rafting adventure and a few sample some of the beautiful mountain bike trails. Others enjoy shopping in the plentiful and cute shops in downtown Bend, visiting brew pubs, tasting local fare, and getting a good's night sleep. Tomorrow we will load up early on the Cog Wild Shuttle which will transport us to the Crater Lake National Park.



A much-deserved rest day for SAGs Danna (left), Martha (below right) and Tour Leader Cindy (below left along with Mark as they enjoy floating the Deschutes River and braving the “treacherous” rapids (some carried their tube back up stream to float the rapids multiple times.



## Day 5 - Crater Lake National Park

It's an early start today as we have an hour and half shuttle ride to Crater Lake. Our Cog Wild driver is friendly and efficient as he hoists our bikes in the trailer behind the shuttle bus. We all look a little nervous as our pride and joys are stacked in like sardines, front wheels hanging over the side, sort of a sideways Jenga tower, one wrong move and all can come crashing down. I think he picks up on our apprehension and reassures us that our bikes are safe and sound. There is a small hiccup in the route today as there has been a rockslide and part of the 33-mile rim road around Crater Lake is closed so instead of doing a complete circle it will be more like two out and back routes shaving off just a few miles and a little elevation gain; there are no complaints.



We are safely delivered to Merriam Point one of the over 30 scenic viewpoints inside the park. And as promised, our bikes survived the journey without a blemish. Just a short walk up a sandy embankment, we get our first glimpse of vivid sapphire water surrounded by towering, caldera walls—steep, jagged, relics of the collapsed Mount Mazama volcano which violently erupted about 7,700 years ago. The glass-like surface turns the mountains upside down creating a hypnotic tapestry.



The first out and back twists and turns slightly away from the lake offering the shade of Pines, Firs and Hemlock. The car traffic is light for now and we enjoy the rolling hills as the lake comes back and forth into view. Each viewpoint revealing another angle of this multifaceted marvel. Crater Lake is the deepest lake in United States and in the top ten of the deepest in the world. Unlike most lakes which are fed by rivers and streams, Crater lake maintains its pristine azure water from snowmelt and precipitation. There are no inlets or outlets and the water level is maintained by evaporation.

We back track to Merriam Point and continue along the west rim road where our creative SAG crew has carved out a little spot to host a variety of treats and beverages. Past the SAG stop, we take a quick detour to the famous Crater Lake lodge, which is the only lodging in the park and first opened in the June 1915. It has undergone several renovations over the years but has maintained its rustic charm offering expansive vistas of the lake.



Two interesting rock formations, Wizard Island (above) and Phantom Ship (below right) formed in the lake after the volcanic eruptions, and add to the unique and mysterious landscape of Crater Lake.



Once we have gone as far as we can on the west rim, now it is time to climb back to our starting point of the day for lunch. The road has some steep pitches but nothing that lasts too long. The car and RV traffic has picked up a bit so while sightseeing it is important to still keep a watchful eye. I know I can hardly take my eyes off the mesmerizing vivid cobalt water and I'm guessing the drivers can't either. After another scrumptious lunch it is a fast and fun downhill to the park entrance then another 20 miles or so to our destination for the night, Diamond Lake Resort.



Diamond Lake Resort, built in the 1920's is nestled in the Umpqua Nation Forest. The serene lake is framed with striking views of Mt. Bailey and Mt. Thielson. The lake is a popular vacation spot offering a wide variety of water activities, trout fishing, pontoon boats for rent, kayaks, paddle boards and an 11-mile bike path around the lake and numerous challenging hiking trails. In the winter cross-country skiing, snowmobiling, and snowshoeing makes it a popular destination. Diamond Lake is not shaped like a diamond but gets its name from John Diamond who first saw the lake in 1852 while seeking a wagon route over the Cascades.

The main lodge is a rustic, odd shaped building, a bit worn and tired but the staff is friendly and definitely not in a hurry. There is a big sign apologizing for their no "wi-fi". Yep, no wi-fi and the only cell service is around a particular table—like a mysterious vortex in the adjoining restaurant.



There are several cabins sprinkled throughout the property and a long narrow motel style building where our rooms are for the night. The rooms are modest, the décor frozen in the 1960's and not in a good way, but it does have running water, indoor plumbing, and a coffee maker. I can rough it for a night.

The only dining option is the onsite restaurant but the staff is not equipped to handle our large group. Our resourceful tour leaders and SAG angels find a pizza place about 45 minutes down the road and offer to be our grub hub runners for the night. We all chip in and feast on pizza, and leftover snacks and cookies from the day's sag stop. It turns out to be a beautiful evening under a canopy of shade trees, sitting in camp chairs in the parking lot beside the Penske. The week has flown by and it is hard to believe that the tour is coming to an end. Tomorrow will be our final ride. As the sun dips behind the mountains the lake takes on a different hue reflecting the soft pinks and oranges of the fading day.



**Evening Kayak**



**Diamond Lake Resort**

### **Day 6 - Cascade Lake Scenic Byway/ Elk Lake Resort/ Bend**

We awake to another glorious day as the sun peaks over the mountains, the cool crisp air invigorating, as birds land on the lake, and create tiny ripples that unfold themselves onto the shoreline, bringing the lake to life. We say goodbye to Diamond Lake today and head back to Bend. I will always remember Diamond Lake as a “Diamond in the Rough”.

The Cog Wild Shuttle is right on time and our same friendly driver efficiently and safely stacks our bikes in the trailer. The hour shuttle ride gives us time wake up, digest our breakfast, before we are dropped off in a tiny speck on the map called Crescent, for our last day's journey.

We begin on the iconic Cascade Lakes Scenic Byway, once paved in red volcanic cinders in the 1950's is now 66 miles of beautifully smooth asphalt with light car traffic and good shoulders. As the name implies, there are 12 Alpine Lakes and 2 reservoirs along the route. Some lakes are visible from the road and some are accessible down twisty dirt roads and short hikes. Each lake has its own unique characteristics some attracting speed boaters and some catering to paddle boarding, kayaking, fishing, birdwatching or a refreshing swim. No matter where you look the panoramic views of the towering Cascade Mountain range including majestic peaks, like South Sister, Broken Top, and Mt. Bachelor create an unforgettable picturesque backdrop.



Elk Lake is one of the most popular lakes as it is also a family friendly resort offering lodging, water sport rentals, a swimming area, a restaurant and bar and has kindly agreed to cater our lunch for us today. They have strategically placed a large white tent on a small hill in front of the lake with views of the awe-inspiring snow-capped peaks of Mt. Bachelor. The tables are covered in white table clothes and large dispensers of lemonade, iced tea and water await us. We have preordered our sandwiches to make it easier on the staff but still with only one server and being new to her job, she struggles a bit, but she is pleasant and patient and works hard to make sure all our needs are met.

This day has been remarkably easy and pleasant so far but after lunch we will face an eleven-mile climb and the added surprise of an ongoing chip seal project until we reach the summit. Since even our clairvoyant tour leaders did not have knowledge of this chip seal conundrum, Danna one of our SAG supporters, delays her lunch, to scout out the road. She reports that the road is not great but doable, and she and Martha will be right there if anyone wants a lift over the rough and sticky surface.

The climb is not as bad as we anticipate or perhaps it is just overshadowed by the fact that the chip seal project is much worse. Skinny tires, low tire clearance, and treacherous gravel make this stretch impossible to traverse even for the heartiest of riders. As promised, our attentive SAGs are there to help. I decide to tough it out simply because I am lucky to have 28 mm tires and my trusty Trek has ample tire clearance and loose rocks do not get stuck between the tires and frame. It's dusty and I hear gravel pinging off my carbon frame but my attention, while still carefully navigating the challenging terrain, is stolen by the greenish turquoise glistening water of Devils Lake, surrounded by Ponderosa Pines and lava formations remnants of past volcanic eruptions.



**Trying to keep up with the dynamic duo of Barry and Judy.**

Finally, the summit, and in the distance is Mt. Bachelor with its towering rugged peaks and the welcoming sight of Oregon's smooth asphalt that has spoiled us for most of the tour. I do make a brief stop to wipe off my tires from some sticky residue.

A couple miles past the summit, we regroup at the SAG stop, top off water bottles, take a bathroom break, a few handfuls of peanut M&Ms, and we are back on the Cascade Lakes Scenic Byway for our final decent into Bend.

To keep us off the busier part of the highway we take a sharp left into the Cascade Lakes Welcome Station and pick up the Haul Road Trail a multi-use path that once was a railroad route used to haul timber from the forest to the mills. Today it is a wonderful 5-mile recreational path connecting neighborhoods to nearby parks and the Deschutes river which meanders through downtown Bend. The bike path ends and there are only a few side streets and crosswalks to maneuver and just like that we are back at the Element Bend hotel where it all began. We have traveled almost 300 miles and experienced some of Central Oregon's most breathtaking landscapes and natural wonders.

I will miss the new friends I have made along the way and miss the feeling of my only agenda for the day is riding my bike and having fun. I will miss the camaraderie as we met every adventure with enthusiasm and every obstacle with a collective unity and perseverance. Our tour leaders, and SAG crew were phenomenal every step of the way. Their attention to detail, friendly smiles, supportive nature, endless energy and dedication to making sure we had everything we needed and them some far exceeded my expectations. This may have been my first HeartCycle tour but it certainly will not be my last.



**The Deschutes River flowing through beautiful Bend, Oregon**



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# Colorado HeartCycle 2023 Tours

## History in the Finger Lakes Region

### **Rochester, New York**

August 13 - 19                      Status: Cancelled  
6 days, Intermediate                      \$1,800.00  
Janet Reilly, [kayaks06@verizon.net](mailto:kayaks06@verizon.net)  
Gail Golderman, [goldermg@union.edu](mailto:goldermg@union.edu)

## New England Seacoast

### **Portland, Maine**

September 10 - 16                      Status: Closed  
6 days, Intermediate                      \$1,500.00  
Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## Grand Valley Ramble

### **Grand Junction, Colorado**

Sept. 17 - 22                      Status: Waitlist  
5 days, Intermediate                      \$1,200.00  
Judy Siel [bjsiel@msn.com](mailto:bjsiel@msn.com)  
Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

## Slovenia, Italy & Croatia

### **Ljubljana, Solvenia**

Sept. 23 - Oct. 2                      Status: Open  
9 days, Intermediate                      \$4,400.00  
Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

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# Colorado HeartCycle 2024 Tours

## Portugal: West Coast & Algarve

### **Lisbon, Portugal**

April 7 - 17, 2024                      Status: Open  
10 days, Intermediate                      \$4,900.00  
Judy Siel, [judy.siel@gmail.com](mailto:judy.siel@gmail.com)

## Tuscany

### **Florence, Italy**

Sept. 5 - 18, 2024                      Status: Open  
13 days, Intermediate                      \$3,550.00  
Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

## Balkan Quartet

### **Tirana, Albania**

May 17 - 31, 2024                      Status: Waitlist  
14 days, Int./Adv.                      \$2,600.00  
Lisa Evans, [iceski@comcast.net](mailto:iceski@comcast.net)

## Le Monastere in S. France

### **Limoux, France**

Sept. 28 - Oct. 5, 2024                      Status: Waitlist  
7 days, Int./Adv.                      \$3,100.00  
Guy Kelly, [guy.kelly@comcast.net](mailto:guy.kelly@comcast.net)

## Bike & Barge Beautiful Belgium

### **Bruges, Belgium**

July 20 - 27, 2024                      Status: Open  
7 days, Easy/Int.                      \$2,150.00  
Rita Kurelja, [ritakurelja@hotmail.com](mailto:ritakurelja@hotmail.com)